

# PROGRESS REPORT

SPRING 2010

*Serving the Willamette Valley for over 30 years*

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SPORTS THERAPY  
& REHAB PROVIDER OF



## FROM THE LEADERSHIP TEAM

For 33 years, PT Northwest has enjoyed the privilege of impacting people's lives. **Our tagline at PT Northwest is Restoring Your Active Lifestyle.** This tagline plays out very differently among our patients. To 103 year old Velma Jennings, who you will read about in this edition of *The Progress Report*, Restoring Her Active Lifestyle meant learning about balance and posture exercises. To former Western Oregon University Tight End Kevin Boss, Restoring His Active Lifestyle meant helping him through his shoulder rehabilitation so he could participate in the NFL Combine and go on to a successful NFL career.

In this edition of *The Progress Report*, you will learn about several programs that help our patients Restore Their Active Lifestyle. PT Northwest recently started a Balance, Vestibular, and Fall Prevention program at several of our locations. Last month, several of our therapists went to the Combined Sections Meeting of the American Physical Therapy Association. These meetings are invaluable because they allow our therapists to bring back the latest ideas on physical rehabilitation. Two of our physical therapists, Scot Campbell, PT, OCS and Lisa Gilbertson, MSPT, CSCS OCS, were honored for becoming Orthopedic Certified Specialists.

Our very popular Aquatics Classes added some new time slots. Many patients often comment how these aquatic therapy classes



help them enjoy an active lifestyle, especially those patients experiencing chronic pain.

We want to thank those in the medical community who responded to our annual satisfaction survey. We are tabulating the responses and will be sharing the results in the coming weeks.

Thank you again for allowing our group to serve you. If we can improve our services in any way, please don't hesitate to let us know. **At PT Northwest, it is really all about Restoring Your Active Lifestyle.** ▲

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# VESTIBULAR, BALANCE & FALL PREVENTION PROGRAMS



PT Northwest is happy to announce the beginning of **The Vestibular, Balance and Fall Prevention Programs**. Jon Moore, MPT, a physical therapist at our Stayton location, is spearheading these programs. He has worked with balance and vestibular patients for nearly

8 years. For many years, the common belief is that falls are inevitable with older age. While frequency of falls do occur more so in the geriatric population, there is also hope for those who are starting to experience stumbles, unsteadiness, and general balance concerns. Balance is really the blend of 3 body systems all working in harmony with one another. The brain interprets the information from our somatosensory systems [feet, ankle, knees, hips, etc], vision, and vestibular systems. Unfortunately, aging produces change in the first two of those systems leaving the vestibular system as a chief contributor to balance. However, this is the one system that tends to be underutilized by the geriatric population the most. By retraining this system to work properly, we can significantly reduce the fall risk of our aging friends and family members.

The vestibular system is primarily in charge of relaying information, regarding positional change of the head and back, to the brain so that it can make changes in the musculoskeletal system to maintain an upright posture.

When working properly, everything moves gracefully. However, multiple diagnoses can affect this delicate balance and result in vertigo and dizziness. Some of these may include

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BPPV, stroke, TBI, Meniere's, etc. For these folks, life can become quite debilitating and life altering. Through careful evaluation, using state of the art diagnostic equipment, a treatment plan can be developed to get these patients back to their everyday lives.

PT Northwest's Vestibular, Balance and Fall Prevention Programs are offered at our Stayton, West Salem, and Keizer locations. If you would like more information about the programs, please feel free to contact Jon at 503.769.7131 or [jmoore@ptnorthwest.com](mailto:jmoore@ptnorthwest.com). ▲

## MIKE HMURA'S GOVERNMENT INVOLVEMENT



**Mike Hmura, MSPT** has been an active Delegate for the Oregon Physical Therapy Association (OPTA) for the past three years. He is on his second term of this elected position and will be on the House floor in Boston, MA this June to discuss future motions and to represent Oregon on all related issues.

Mike recently had the opportunity to speak before the Health Affairs Committee at the Capitol and represent the OPTA on current issues. The committee wanted to be educated on scope of practice issues and hear concerns about these issues from the perspective of a practicing physical therapist in the state of Oregon.

Mike has enjoyed representing the state and has made it his personal mission to look into all workforce issues as well. Specifically, he has been evaluating, on a state level, the need for and saturation of physical therapists. He has been looking at whether the current need is being sufficiently met and how this need will be met in the next 10 years. Mike has been comparing some of his findings to various state organizations.

Mike will be an active delegate for the next year and a half. He has had the opportunity to take on other positions, but currently feels that his time is best spent representing the State of Oregon at his current level and doing what he loves most, treating patients. Mike is currently practicing at the Northeast Salem location and can be reached at 503.371.8860 or [mhmura@ptnorthwest.com](mailto:mhmura@ptnorthwest.com). ▲



# NEW EVENING AQUATIC GROUP CLASS

PT Northwest continues to offer Aquatic Therapy to its patients and the community. The pool is set to a therapeutic temperature of 91 degrees and ranges in depth from 3.5ft to 6ft. Many people participate in the independent pool program as a long or short term exercise protocol, but PTNW recognizes the need some people have for a more structured, group class. **PT Northwest is currently offering a group class from 12:00-12:45pm, Mondays, Wednesdays and Fridays, and a NEW class on Thursdays from 5:30-6:15pm.** These classes involve a variety of core strength/ endurance exercises along with lower/upper extremity strengthening, and endurance exercises. These exercises can be adjusted to varying levels of ability for each participant. If you have any questions about our Aquatic Pool Program and/or the group classes, please call the Northeast Salem location at 503.371.8860. ▲



# PATIENT SUCCESS



*Lisa Gilbertson (Director PT Northwest | Keizer) and Velma Jennings*

This story is one success PT Northwest can't take credit for! Keizer resident, Velma Jennings, **celebrated her 103rd birthday** on January 28th. PT Northwest's Keizer clinic was honored to be able to celebrate with her in the clinic that day. We all shared coffee, cake, and warm wishes to this amazing lady!

Velma grew up in Thornton, Washington and was the youngest of four children. She was a first grade teacher for many years and raised two wonderful daughters. She currently lives with both her daughters and her son-in-law.

Velma still enjoys going on daily walks, working in the yard and helping with the dishes. While Lisa Gilbertson, MSPT, OCS, may be working with Velma on postural exercises and balance, she states she is the fortunate one in learning Velma's secret to a long life, *"Just don't worry! And, go on lots of walks."*

Patients like Velma are why we all enjoy our jobs. Lisa states, *"Seeing Velma on my schedule makes me know I'll have a good day. Helping her to continue to have the active lifestyle she wants at 103 is so inspiring! I hope I am doing as well as she is when I reach 80!"* ▲

# BALANCE & FALL PREVENTION SYMPOSIUM



Nic Siewert, DPT, and Andrea Britten, MOT, OTR/L, are the featured speakers. Nic is a physical therapist who works at our Northeast Salem location and Andrea is the Director of Occupational Therapy Services.

Please call to reserve a seat by *March 26, 2010.*

**Date:** Wednesday, March 31, 2010

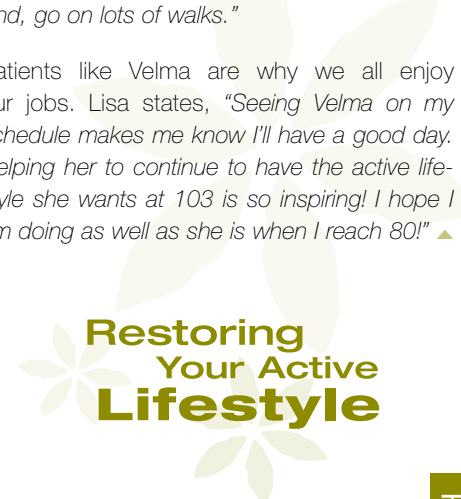
**Where:** PT Northwest | NE Salem  
685 36th Avenue NE

**When:** 12-1pm

**Phone:** 503.371.8860

PT Northwest is excited to offer a Balance Maintenance and Fall Prevention symposium at our Northeast Salem location on Wednesday, March 31, 2010. This symposium is free and opened to the public. A light lunch will be provided. After the presentation, free bone density scans will be provided as well as complimentary balance and gait assessments.

Health symposiums of varying topics are offered regularly at PT Northwest. You can check our website at [www.ptnorthwest.com](http://www.ptnorthwest.com) for dates/times of upcoming events. If you have a specific topic that you feel would be of benefit to the community please call any of the PT Northwest clinic locations or e-mail a clinic director. ▲



# COMBINED SECTIONS MEETING

Several PT Northwest therapists went to the Combined Sections Meeting for the American Physical Therapy Association (APTA) in San Diego last month. The CSM is an event where people of all PT disciplines come together in a venue to take educational courses in various topics. Mike Hmura, MSPT, Scot Campbell, PT, OCS, Lisa Gilbertson, MSPT, CSCS, OCS, and Josh Pannebaker, DPT all went to continuing education courses during this week.

Mike Hmura attended meetings on APTA leadership components and Western States Caucus meetings in preparation for the annual conference in Boston, MA in June. **Scot Campbell, PT, OCS and Lisa Gilbertson, MSPT, CSCS, OCS were honored for their Orthopedic Clinical Specialist Certification achievement.**

Some of the classes taken included: Current Concepts in ACL Management and Rehab, The Ankle/Foot Complex, Current Concepts in Treating the Aging Back,



**SCOT CAMPBELL**

Professional Clinic Management, Marketing, and Treatment of Concussion Syndromes.

This annual event brings approximately 7000-8000 therapists together each year. It allows therapists to take classes which are out of



**LISA GILBERTSON**

their normal settings and to communicate with specialists of all disciplines. The event is one which continues to grow and educate all. ▲



## DID YOU KNOW?

Did you know PT Northwest has a Pelvic Therapy Program for all ages? Pelvic therapy for Women's Health issues (incontinence, prenatal/postpartum care, pelvic pain, etc), Men's Health (incontinence post prostatectomy, testicular pain, pelvic pain, etc) and pediatric bladder dysfunctions. We have therapists at

2 locations who have received extensive training to effectively treat these conditions with great success! Erin DeVoy, DPT, Director of Pelvic Therapy Program is at our Northeast Salem location, 503.371.8860 and Giselle Roedel, DPT is at our South Salem location, 503.585.5131. ▲

## PT NORTHWEST

685 36th Avenue NE | Salem, OR | 97301

### CONTACT US

|                |              |
|----------------|--------------|
| NE SALEM       | 503.371.8860 |
| STAYTON        | 503.769.7131 |
| SOUTH SALEM    | 503.585.5131 |
| WEST SALEM     | 503.391.5542 |
| KEIZER         | 503.463.5231 |
| MONMOUTH       | 503.838.4244 |
| CORVALLIS      | 541.602.4423 |
| ADMINISTRATION | 503.540.8701 |

### EDITORS

**JODEEN BARBA** PTA  
**LESLIE CHROWL**  
**KENNEDY I. HAWKINS** MBA, JD, LLM

[ptnorthwest.com](http://ptnorthwest.com)